



PLAN OF THE WEEK



Volume 2, Issue 7

24 February 2000

Command Column

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I'm late with this week's column, not sure where all the time went this week. I know I worked enough hours, but somehow there just weren't enough to go around. My latest personal reflection has centered around the importance of the spoken and written word. Having been raised on "sticks and stones can break my bones, and words can never hurt me," I actually believed it for a time. Now I know better. We all need to choose our words carefully, thinking before we speak. Here is a short parable that illustrates the importance of this message:

"There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper. The days passed and the young boy was finally able to tell his father that all the nails were gone.



Congratulations:

The following personnel will be advanced to the rates listed on 1 March: MKCM Brett Ayer, MKCS William Faraynaz, YNCS Joseph Paris, and MKC David Lemay.

The following personnel have recently received their Instructor Qualifications: MK1 Jack Rowland, MK1 Winfield Yancey, and MK2 Adam Ward.

Thoughts from last week:

The father took his son by the hand and led him to the fence. He said, 'You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one.

You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there. A verbal wound is as bad as a physical one."

I apologize to those of you who may have already read this on the electronic bulletin board but really want everyone to understand the importance of words, and the influence all our words have on those around us.



A Look Ahead:

25 FEB: 1000-1100, Viewing/Family Visitation for RDCM Ray; 1100, Memorial Service, Colossian Baptist Church

25 FEB: 1300, MK "A" 09-00 Graduation, Martin/Elbert Breezeway, MK1 Hill, x2360.

25 FEB: 1330, FSCS Hunter's Retirement, Port of York, FSC Seekins, x2106.

26 FEB: 1100, RDCM Ray's Burial Service, Fayetteville, NC

28FEB-3MAR: Command & Control Course, Hamilton, Rm 206, LCDR Haynes, x2108.

1 MAR: 1130, CPOA General Membership Meeting, Bldg 156, GMC Smith, x2399.

1 MAR: 1930, CPOA Auxiliary Meeting, Chiefs' Shack, Bldg 156, Kay Griffin, 878-5223, ext 244.

3 MAR: 1130, Chili Cook-Off Grand Finale: Finalists from YOA, CPOA, CGEA Compete. Picnic Pavilion (fair) or Port of York (foul).

Important Items to Know:

📌 Congratulations to CWO Thomas Guthlein upon recently earning a Bachelor of Liberal Arts Degree from Regents College. Mr. Guthlein, who spends more than half of his time on the road, is one more example on how the Coast Guard Institute's Voluntary Education Program can work for our members to get on the fast track through college. Regents College is one of four non-traditional colleges that the Coast Guard Institute uses in their degree-planning program. The Bachelor of Liberal Arts degree that CWO Guthlein has earned is respected by all regionally accredited colleges and universities as he moves on to seek his Masters degree. Good luck, CWO Guthlein. Visit <http://www.uscg.mil/hq/cgi/> for in on the Coast Guard's Voluntary Education Program, then see a member of our staff in the Learning Resource Center.

📌 "Beauty & Beast" tickets are still available at the MWR Office. If interested in purchasing tickets, please contact Carol Schmehl, x2009.

📌 Coast Guard Mutual Assistance now has five educational grant and loan programs: Education Grant Program -- a need-based grant; Supplemental Education Grant Program -- non-need-based grant of up to \$300 for books, fees, and other expenses (except tuition); Federal Student Loan Program -- in conjunction with Department of Education program -- covers loan origination fees; Supplemental Student Loan Program -- in conjunction with the CG Tuition Assistance Program; and Vocational and Technical Training Student Loan Program. These programs have been expanded to include active duty and retired military, civilian employees, Reservists, Auxiliarists, public health officers, and family members. For information, see ALCOAST 210/99, this web site: <http://www.cgmahq.org>, or call 1-800-881-2462.



Safety Tip:

PEDESTRIAN SAFETY

When jogging on streets and roads, run single file facing vehicle traffic and don't wear portable headphones. Between dusk and dawn, wear retro-reflective clothing or a safety vest.



"The great thing in the world is not so much where we stand as in what direction we are moving."

--- Oliver Wendell Holmes

Chaplain's Corner:

Worship Opportunities at Olde Yorke Chapel:

1700 Saturday Roman Catholic Mass

0945 Sunday Roman Catholic Mass

1100 Sunday Protestant Worship

1145 Daily Roman Catholic Mass

There is also a mid-week Bible study at the Chapel every Wednesday, from 1140-1230. This is open to all personnel and their families.



Fit Fact:

Walking stairs is a great way to burn calories, decrease your risk of disease, and build cardiovascular strength and endurance. When climbing stairs, either on a stair-climbing machine or in a building, try not to lean forward. Staying upright with good posture is easier on your back and will force your legs to lift the weight of your entire body, providing more resistance and a better (greater intensity) workout.



Web sites:

Here's an interesting web site that covers some of the common naval traditions:

<http://www.history.navy.mil/>

The new BAH Rates began 1 JAN 2000 and are available at:

<http://www.dtic.mil/perdiem/rateinfo.html>

CG Academy Exchange on-line souvenir shop is now available at:

<http://shopcoastguard.com/>

Order your ribbons on-line:

<http://www.ultrathin.com/orderfrm.htm>

For those interested in improving their fitness, this web site has articles on training (workout tips, etc), nutrition (i.e., recipes), and lifestyle (ways to relax, beating stress, etc.):

<http://www.fitnessonline.com>